

With Dr Josef Jonas: About the Health

Episode 8:

GYNAECOLOGICAL TRACT

Our today's topic is the gynaecological tract and its natural treatment, more precisely detoxification. There is no doubt that various diseases occur more and more frequently, at a younger and younger age. It seems as if the chemical medicine is not able to resolve problems with increasingly common eczema, asthma, diabetes, mental disorders, cancer and a whole range of other diseases. Humankind cannot break free from the ever-increasing number of these diseases, so nowadays around 70 percent of people feel they are endangered or ill in some way. Nevertheless, it would be best if we could start a broader discussion about whether these diseases can be prevented. After all, there are various directions, opinions and ideas, and one-party rule has not worked – just like it may not be best for one opinion to reign. Of course, broader discussion is not possible because the harsh whip of chemical medicine rules here; it decides whether these diseases can be cured and whether or not they can be prevented - people actually have no other information. Alternative views do not have access to state-owned media, which is why I am very happy that TV KinoSvět is so courageous, and provides space for them.

But let us proceed to the gynaecological tract.

Of course there are many problems and diseases which afflict the female organs. However, there are three basic areas which really affect us very much.

One area is various inflammations of the gynaecological tract, chronic inflammations and reoccurring inflammations, which most frequently affect the vagina, or the ovaries and uterus.

The second area is very complex, and we will probably deal with it separately at some stage. It involves the fact that the gynaecological tract serves the development of the foetus. The conditions and situation in the tract are very important, because they fundamentally affect not only the healthy development of the foetus, but also the health of the later born child.

Another area which relates to the gynaecological tract is hormones and hormonal imbalances, because symptoms of the woman's hormonal activity often indicate the condition of the female organs. Of course we could also discuss the myoma, a typical benign muscle

tissue tumour. In my opinion, other diseases are not appropriate for this programme, or are not common enough for us to discuss them here.

The gynaecological tract is obviously one of the paths via which a woman communicates with the external environment. We discussed the respiratory and digestive tracts, and the gynaecological tract is also one of the access paths which, in its own way, is at high-risk. After all, it is designed, among others, for sexual intercourse, during which many, many not exactly desirable organisms are transferred. That is why these access paths have to be equipped with very good immunity; basically, the same conditions reign there as in the intestines. The vaginal mucosa is occupied by lactobacilli. In a way, these are guardians whose task is to establish a constant positive environment in the vagina in order to prevent inflammations or reactions in the vaginal mucosa.

Once again, the first area I will refer to is the intestine. The situation in the intestine – dysmicrobia, the excessive reproduction of certain organisms – really does play a fundamental role in the quality of the gynaecological tract. Together with the urinary tract, these organs are interconnected by blood and lymphatic pathways, so the overabundant microorganisms enter this tract, and the toxins created in the intestine have a considerable effect on it. In particular, this manifests itself – but now I am getting ahead of myself – in the ever-increasing number of infertile women, in whom no special finding is demonstrated, yet they cannot get pregnant.

Apart from this, digestive processes take place in the digestive tract, that includes the digestion of starches and, in particular, sugars. Sugars must not enter the large intestine, because once there, they will serve as food for fungi which then rapidly reproduce. Why do sugars not normally get into the large intestine? Because the digestive tract and pancreas excrete substances, enzymes, which break sugars down. You noticed correctly that I am using the plural, “sugars”, because there isn't just one type of sugar but a whole range – for example lactose, beet sugar, fructose and many others. They are contained in various foods and, if the correct enzymes are missing, they enter the large intestine which will result in the rapid reproduction of fungi. The fungi then enter the gynaecological tract.

I know very many women who will tell you that they suffered from mycosis after using antibiotics. And that is exactly what I am talking about right now; that is a sign of a disrupted intestinal environment which can no longer bear the huge outbreak of fungi. After all, sugars are also excreted through the vaginal mucosa, so it obviously contains fungi. During treatment using antibiotics they reproduce excessively, especially if the organism is not digesting sugars properly. Then various inflammations can arise in the gynaecological tract.

However, we regard so-called hidden infections as the main cause of chronic inflammations. All of the organs in the gynaecological tract have a number of layers beneath their mucous membranes; these are 4-5 layers in which hidden infections can be found. These hidden infections excrete toxins and disrupt the tissues in which they are located. This cannot be demonstrated using smears or any other examinations, because the microbes are actually hidden in the tissues. But the surface layer – usually the mucous membrane – is disrupted, and cannot resist the presence of the other microorganisms which regularly come into contact with it. That is why these chronic inflammations occur.

Thus, we consider not only the treatment of the intestinal environment, but also the elimination of these hidden infections, to be crucial. In this way, one can get rid of repetitive mycoses or other types of inflammations caused by various microorganisms. Streptococci,

staphylococci, haemophili and many other microorganisms with similarly strange names are found on the mucous membrane. But the essence is always the worsened quality of the mucous membrane's upper layer, because a quality mucous membrane with good immunity will always resolve an encounter with these microorganisms by itself, and very quickly.

The gynaecological tract is also special in that it is greatly influenced by female hormones. Female hormones do not just mean oestrogen, as people generally believe; there is a whole range of other hormones which control the ovaries and the processes in them.

Textbooks inform us that the ovaries are merely puppets which are controlled by other structures. What structures are they talking about? Our brain contains two organs which affect the function of the ovaries and the condition of the entire gynaecological tract, as their effect causes the ovaries to excrete those well-known female hormones – oestrogen and progesterone. These two organs in the brain are called the hypothalamus and hypophysis (pituitary gland).

The hypothalamus is the supreme organ, which does not produce any hormones itself but has an incredibly complicated function which includes the management of the entire hormonal system. Thus, the hypothalamus controls which hormones are needed at the particular time, which ones should be excreted and which ones should not. This means that those cycles, for example the menstrual cycle, actually take place in the hypothalamus. This activity originates in the hypothalamus; from here, instructions are sent to the other organ, called the hypophysis. It is only the hypophysis that issues the instructions and excretes the hormones which control the ovaries. The ovaries then produce the end hormones.

These extremely complicated brain organs, particularly the hypothalamus, “break down” very easily. They are linked to different parts of the brain, and thus are subject to various influences. They are subject to stress and emotions – in fact, I would say that they represent the woman's soul. Various relationship problems or other confusions in this area may then be reflected in the hypothalamus. Of course, various toxins also get into the hypothalamus, because the hypothalamus is not protected by any special barrier, which otherwise protects the brain against penetration by toxins, so it is a very vulnerable organ. That means that most hormonal imbalances actually take place mainly in the brain, and the gynaecological tract then pays the price for it.

I already said that the psychological influences which affect all these functions are very important, and I stand by it.

We have already discussed the function of the intestine and the intestinal environment, and we also looked at the function of the brain, the psyche, and finally also the hypothalamus and hypophysis.

Therefore, during the detoxification of the gynaecological tract, we will first use the **Activ-Col** preparation, which treats intestinal dysbiosis and clears up intestinal dysmicrobia. Next, we will use the **Biosalz** preparation, which we already know and which eliminates salt crusts, and possibly also the **Activ-Acid** preparation. It also eliminates salt crusts, but has the added advantage that it is produced from seaweed, which has a high biological value. Another preparation with whose help we will eliminate chronic hidden infections in the gynaecological tract is **GynoDren**, but it requires the right conditions - which is established with the help of the previous two preparations - in order to be effective. Last but not least, we must think of the area of the hypothalamus and hypophysis, and that is where we use the **Hypotal** preparation. This series of preparations can protect or rid the woman of chronic

gynaecological tract problems. This is extremely important, because the woman's health, the healthy development of the foetus and the health of the child are at stake. And that is the most important thing we will be discussing in this series. It really is extremely, extremely important.

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